

**We claim:**

1. A method of reducing tissue,, comprising: freezing interstitial otopharyngeal tissue with a cryoprobe.
2. A method of reducing tissue, comprising: heating interstitial otopharyngeal tissue with a cryoprobe.
3. A method for reducing tissue, comprising: freezing and heating said tissue with the same cryoprobe.
4. A method for treatment of snoring, comprising: freezing interstitial tissue of the soft palate or tonsils with a cryoprobe.
5. A method for treatment of snoring, comprising: heating interstitial tissue of the soft palate or tonsils with a cryoprobe.
6. A method for treatment of snoring, comprising:
  - a) using a cryoprobe to first freeze at least one section of the patient selected from the group comprising: the base of the tongue; the soft palate; and/or the tonsils; and
  - b) then heating said part of the patient with said cryoprobe.

7. A method for treatment of snoring, comprising:
- a) first freezing with a cryoprobe at least two sections of the patient selected from the group comprising: the tonsils, the soft palate; the base of the tongue; and
  - b) then heating the selected sections with a cryoprobe.
8. A method for treatment of tonsillar enlargement, comprising:
- a) first freezing the tonsils with a cryoprobe; and
  - b) then heating the tonsils with a cryoprobe.
9. A method for treatment of snoring, comprising:
- freezing with a cryoprobe at least one section of the patient selected from the group comprising: the soft palate; the tonsils; and the base of the tongue.
10. A method for treatment of Obstructive Sleep Apnea, comprising:
- a) first freezing at least one section of the patient selected from the group comprising: the soft palate, the base of the tongue and the tonsils with a cryoprobe; and
  - b) then heating the sections with a cryoprobe.

11. A method for treatment of nasal obstruction comprising:
- a) first freezing the inferior turbinates with a cryoprobe; and
  - b) then heating the inferior turbinates with a cryoprobe.
12. A method for treatment of prostate enlargement comprising:
- a) first freezing the interstitial tissue of the prostate with a cryoprobe; and
  - b) then heating the interstitial tissue of the prostate with a cryoprobe.
13. A method for reducing body tissue with minimal blood loss comprising:
- a) freezing the treated body tissue with a cryoprobe; and
  - b) heating the treated tissue with a cryoprobe.
14. A method for reducing body tissue with minimal blood loss comprising the sequential steps of:
- a) freezing the treated body tissue with a cryoprobe; and
  - b) then heating the treated tissue with a cryoprobe.
15. The methods as claimed in claim 12 wherein only a single cryoprobe is used.
16. The methods as claimed in claim 13 wherein only a single cryoprobe is used.

17. The methods as claimed in claim 14 wherein only a single cryoprobe is used.

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